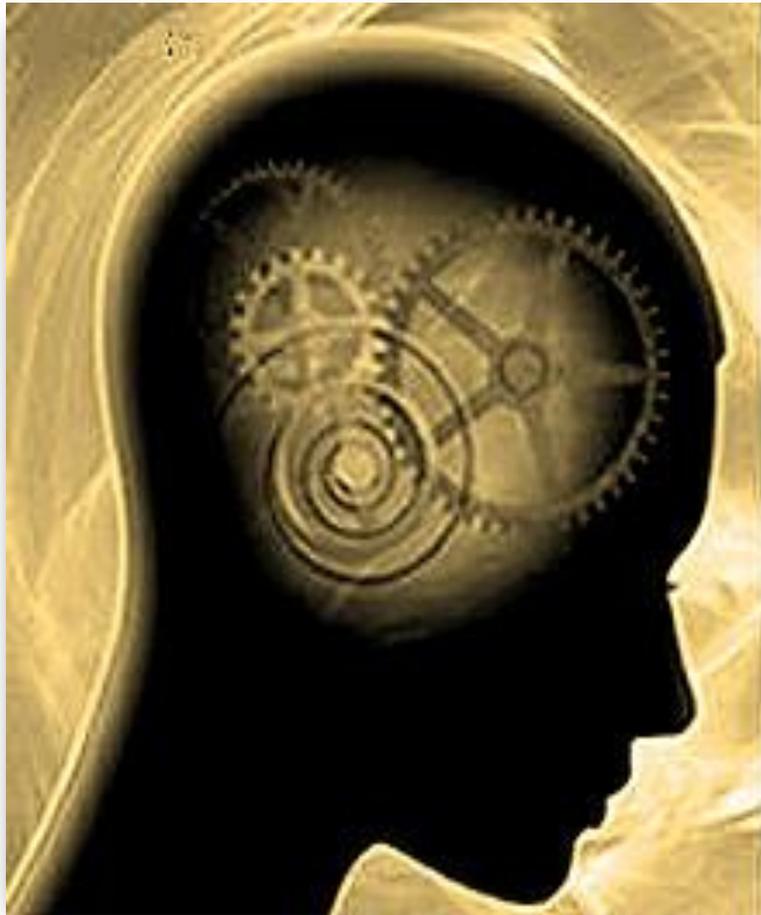


Learning How to Rewrite The Program in Your Mind



**By
Dr. Norman R. Wise**

Big Idea

Every person has a “life story” or “life narrative” through which they “interpret” the events of their lives. It is this “story” that determines our emotional response and guides our actions.

Good story = Good Life

Bad story = Bad life

How do You see

Your Life?

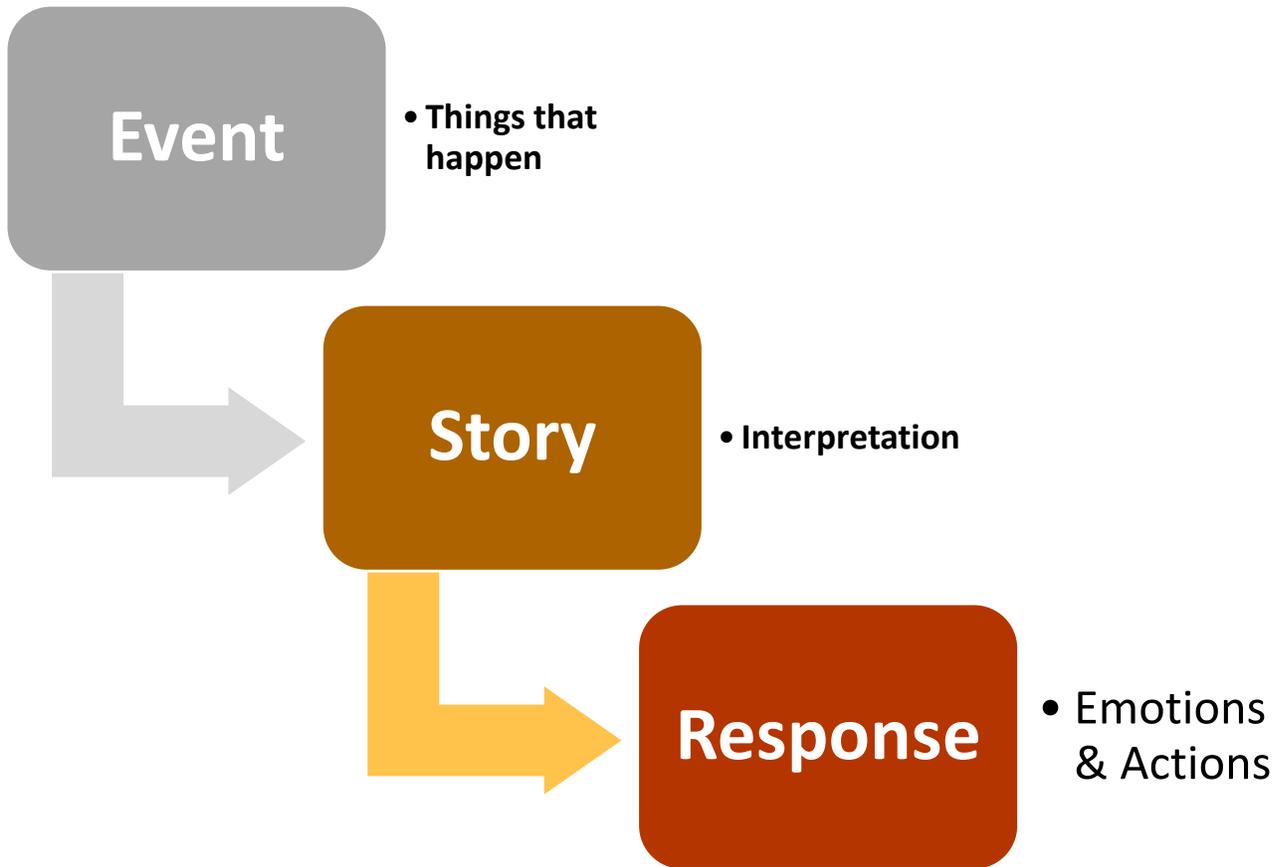
“The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!” (Mat 6:22-23 ESV)

How Philosophy Changed My Life by Ted Evans

<https://www.youtube.com/watch?v=XuwYvFINGns>

Thought Notes

Big Picture



Where did I get my story?

Family

Friends

Popular Culture

Church

Bible

Books / Movies

My “Uh-Hah” moments

Especially before the age of 10

Ted Talk

Change Your Story, Change Your Life

Jenna Arak – Ted Talks

<https://www.youtube.com/watch?v=TPPMc35XmXs>

Thought Notes

Will Power Is Limited

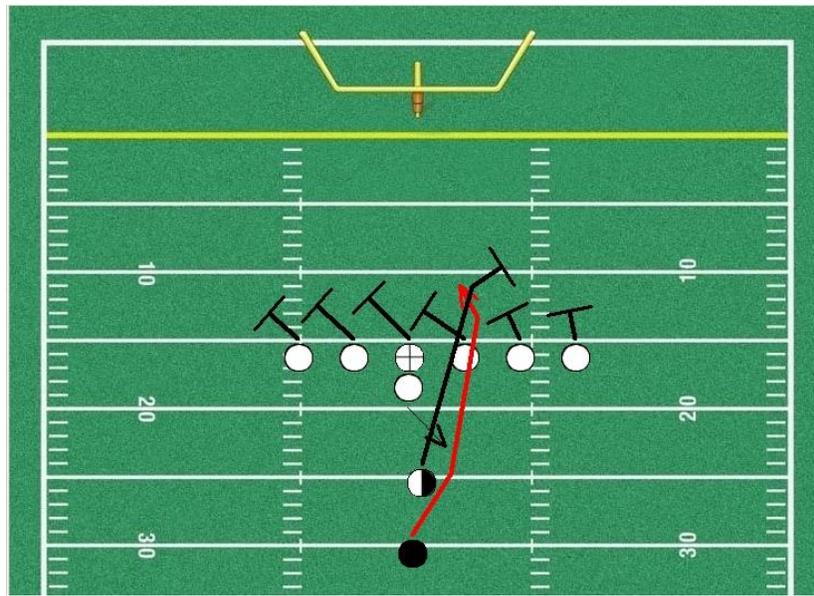


Using our “will power” to stop the “avalanche” of emotions does not work.

Using our “will power” to choose the story we will use to interpret events can work.

Thought Notes

Change The Script You Change the Play

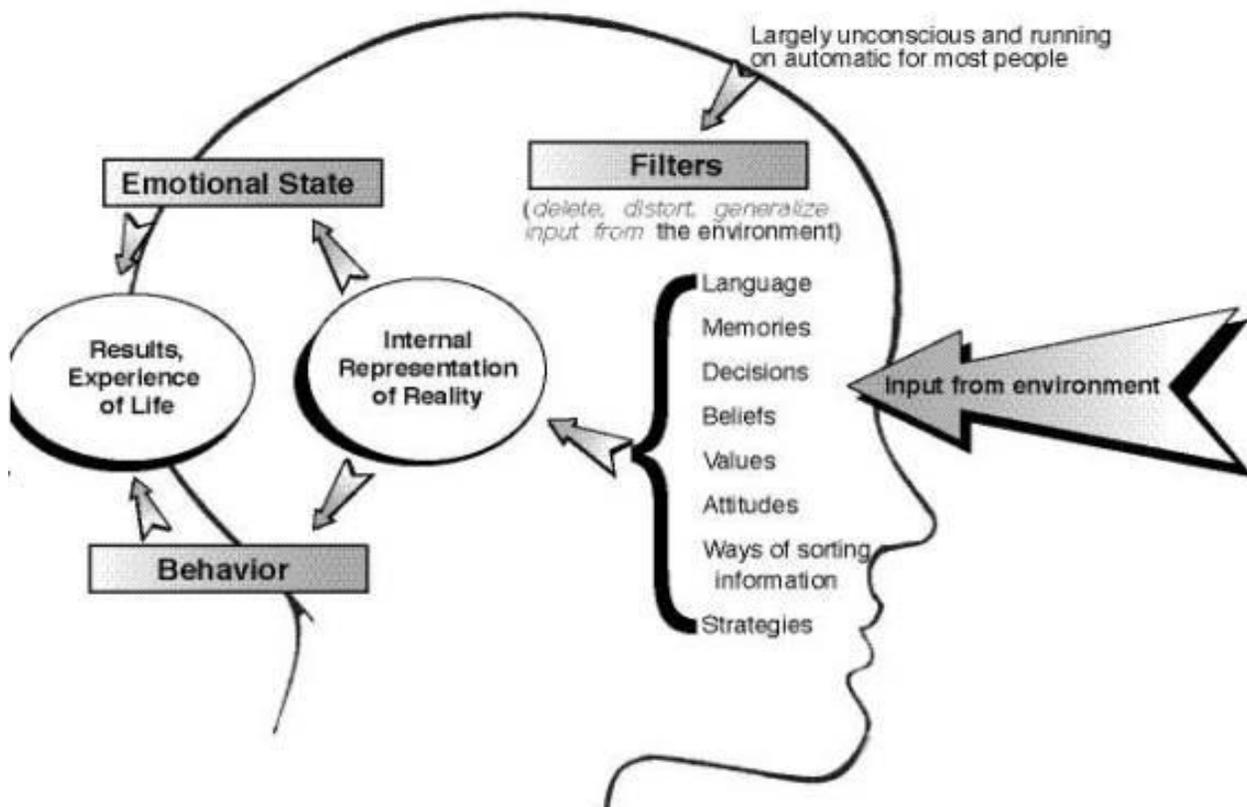


How do I change my story?

Know Yourself?

The Unexamined Life Is Rarely Lived Well

- I. Know your current story
- II. Look for "life Proverbs?"
- III. Which seem true and healthy?
- IV. Which seem half true and half false?
- V. Which seem to be lies and unhealthy?
- VI. Share your proverbs with a trusted person and get a reality check?
- VII. Journal your story
 - a. All the good influences from people and events
 - b. All the good you have done for others and to yourself
 - c. All the painful influences from people and events
 - d. All the pain you have caused others and yourself
 - e. All the moments you saw God help you
 - f. All the moments when you felt God failed you
 - g. Other significant moments



God's Story and My Story

*“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”
(Rom 12:2 ESV)*

Choosing

Family

Friends

Popular Culture

Church

Bible

Books / Movies

My “Uh-Hah” moments

Thought Notes

Changing Stories Is Hard

For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ. (2Co 10:3-5 ESV)



Step One: Know Your Story

Listen to your "Self-Talk" and begin to understand the "Story" you are telling yourself to understand your life.

Example



Rebelling & Debating

Reveal

My Story

- Listen to what I am saying about the event

Rebel

Stop my Story

- Debate if it is true.

Replace

New Story

- What would be a better story to tell myself?
-

5 STEPS TO SELF TALK THAT WILL TRANSFORM YOU
<https://lancewallnau.com/2013/10/5-steps-to-transformation-with-self-talk/>

Lance Wallnau

Self Talk

One of the most powerful factors in personal transformation is **SELF TALK!** If, as the Bible states, you are “transformed by the renewing of your mind,” how you think and what you say to yourself have to both be top factors in your transformation.

So where do we begin?

First, we need **AWARENESS!** The mischief regarding self talk is that it is so constant we seldom are aware we are doing it. You won’t always catch it, but you can be aware of how it makes you feel. Your emotions are wired to your thoughts – they are linked into a cause and effect sequence. As Paul wrote to the Romans: “The mind that is set on the flesh is death, but the mind that is set on the Spirit is life and peace.”

So here are 5 steps that you can use:

1. When in an extreme negative state of feeling, ask...”What am I saying to myself right now?”
Get clear on the thought or belief that you hold about yourself, others, or the situation in mind.

2. Ask – “Can I be absolutely certain that what I believe is true? How do I know?”
Does what you are thinking actually line up with the Word of God? If not, what should you change? Again, if it’s the truth that sets you free, it’s a lie that holds you captive. What’s the lie at the root of this? Is there a subtle insinuation that “You are not enough?” or “You will not be loved?” or “You will lose something you value”? How do you know this is true?

3. Does this thought or attitude serve your ultimate best interests? Does it make you happy, calm, and fulfilled?

4. Does this attitude or belief get you more of what you want, need, and deserve? Is it taking you into your desired future, or is it leading you into circumstances that you don’t want?

5. **MY FAVORITE STEP.....** Since we all pretty much create our own meaning for things, what could you come up with as a new meaning for this situation? What new attitude or new belief could you create that would make this an exciting and positive experience for you?

THIS last step is the practice of “Over-comers”! They work with the problem until they unearth the empowering belief that re-frames it.

As the researcher Napoleon Hill discovered, every adversity carries within it the seeds of an equivalent or **GREATER** benefit of **SUCCESS**.

Writing Your Own Script – Healthy and Holy Self Talk

Transforming Self Talk

6 times a day in a mirror for 90 days

God, You are good
God, You are great
God, You are full of grace
I will expect life to be hard and painful
God, You will use all my pain for YOUR gain
People are wonderful and made in YOUR image
People are wounded and hurting
People are weak and often will fail
People are wicked and will choose wrong sometimes
I am 100% responsible for what I say
I am 100% responsible for what I do
No one can make me say anything
No one can make me do anything
I am not responsible for what others say
I am not responsible for what others do
I am responsible for trying to not hurt others by my words
I am responsible for trying to not hurt others by my actions
I am responsible for loving YOU, God
I am responsible for loving others
When bad things happen it does not mean I've been bad
When people do bad things to me it does not mean I deserve to be treated badly
YOU God, have wonderfully created me
YOU God, in Christ Jesus, have wonderfully forgiven me
I have the Holy Spirit in me
I am a missionary for God
I have purpose for living
God, You will bring good out of my life
I am the body of Christ on the earth
I am YOUR priest, God
I am important to YOU, God
Life has both good and bad times
Just because things are bad today does not mean they will stay that way forever
I am significant to YOU, God
YOU, God, love me more than I can imagine
I can control my words
I can control my actions
I can express my pain in a responsible way
I can speak the truth in love
Love does not require me to be silent about my pain
I can live a sane, stable, and spiritual life

Short Centering Life Creed

1. God is good in Jesus Christ
2. God is great in Jesus Christ
3. God is full of grace in Jesus Christ
4. God is with me in this world of grief and feels my grief in Jesus Christ
5. God will use all my grief for good in Jesus Christ.

Thought Notes

Replacing Our Story

Prayer

Meditating (Mutter to ourselves)

Study to convince yourself – The heart cannot long maintain what the head rejects

Counsel, Coaching, and Spiritual Direction

Question & Answers